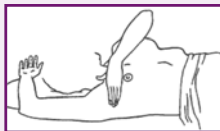


Take Charge of Your Life!

- **Right Away:** If you find a lump, skin change, or any other breast changes or unusual discharge from your nipple(s), see a doctor or nurse.
- **Monthly:** Breast self-exam is an option for finding breast changes. If you do not know how to check your breasts, ask your doctor or nurse to teach you.
- **Yearly:** Have a breast exam done by a doctor or nurse. Have a mammogram if you are 40 or older.



Breast Self-Exam

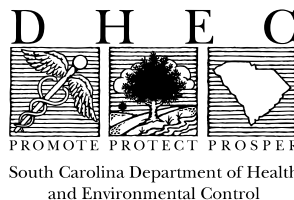


Clinical Breast Exam

“Early Detection is the Best Protection...Every Year for Life”

If you are a woman age 47 to 64, call
(800) 227-2345

to find out if you are eligible for any services
through the **Best Chance Network**.



ML-002066 2/08

A Mammogram Could Save

Your Life

*The Beauty of the
Mammogram*

Why should I have a mammogram?

A mammogram could save your life. It can find breast cancer that is too small for your doctor or your nurse to feel. If detected early, breast cancer can be treated with more success.

How do I know if I need a mammogram?

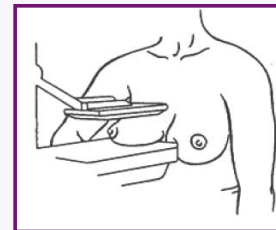
The American Cancer Society recommends that women age 40 and over have a mammogram every year. If you are not certain when to have a mammogram, check with the doctor or nurse who provides your care.

What is a mammogram?

A mammogram is an X-ray picture of your breast.

How is a mammogram done?

1. You will stand in front of and beside a machine. A trained person will take the X-ray by placing your breast between two plastic plates.
2. The plates will press your breast to make it flat. This may be uncomfortable for a few seconds, but it helps to get a clear picture of the entire breast.
3. Pictures will be taken of each breast, one at a time.
4. The entire process takes about 15 minutes. A doctor will read the results and you will be contacted if any abnormalities are found.



Mammogram

What does a mammogram cost?

The cost of a mammogram usually runs about \$200. Women between 47 and 64 who have low incomes and no health insurance, or hospital coverage only, can get a free breast exam, Pap test, pelvic exam and mammogram through the **S.C. Best Chance Network with screening providers across the state.**

Where can I get a mammogram?

To find out where you can get a mammogram:

- ☐ Ask the person who provides your health care (doctor or nurse).
- ☐ If you are 47-64 years old, call the American Cancer Society at **(800) 227-2345** and ask about the eligibility for the **Best Chance Network.**